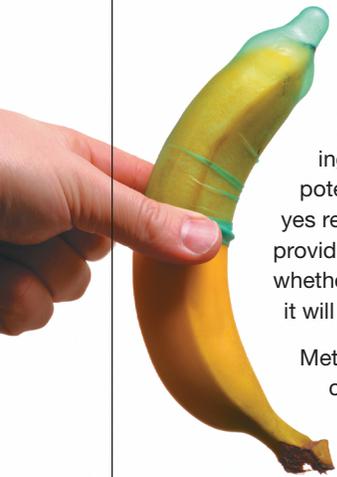


Assess yourself

Are You Comfortable with Your Contraception?



These questions will help you assess whether your current method of contraception or one you may consider using in the future will be effective for you. Answering yes to any of these questions predicts potential problems. If you have more than a few yes responses, consider talking to a health care provider, counselor, partner, or friend to decide whether to use this method or how to use it so that it will really be effective.

Method of contraception you use now or are considering: _____

- | | Yes | No |
|---|-----------------------|-----------------------|
| 1. Have I or my partner ever become pregnant while using this method? | <input type="radio"/> | <input type="radio"/> |
| 2. Am I afraid of using this method? | <input type="radio"/> | <input type="radio"/> |
| 3. Would I really rather not use this method? | <input type="radio"/> | <input type="radio"/> |
| 4. Will I have trouble remembering to use this method? | <input type="radio"/> | <input type="radio"/> |

- | | | |
|---|-----------------------|-----------------------|
| 5. Will I have trouble using this method correctly? | <input type="radio"/> | <input type="radio"/> |
| 6. Does this method make menstrual periods longer or more painful for me or my partner? | <input type="radio"/> | <input type="radio"/> |
| 7. Does this method cost more than I can afford? | <input type="radio"/> | <input type="radio"/> |
| 8. Could this method cause serious complications? | <input type="radio"/> | <input type="radio"/> |
| 9. Am I, or is my partner, opposed to this method because of any religious or moral beliefs? | <input type="radio"/> | <input type="radio"/> |
| 10. Will using this method embarrass me or my partner? | <input type="radio"/> | <input type="radio"/> |
| 11. Will I enjoy intercourse less because of this method? | <input type="radio"/> | <input type="radio"/> |
| 12. Am I at risk of being exposed to HIV or other sexually transmitted infections if I use this method? | <input type="radio"/> | <input type="radio"/> |

Total number of yes answers: _____

Source: Adapted from R. A. Hatcher et al., *Contraceptive Technology*, 19th Revised ed. Copyright © 2007. Reprinted by permission of Ardent Media, Inc.

YOUR PLAN FOR CHANGE

The **Assess yourself** activity gave you the chance to assess your comfort and confidence with a contraceptive method you are using now or may use in the future. Depending on the results of the assessment, you may consider changing your birth control method.

Today, you can:

- Visit your local drugstore and study the forms of contraception that are available without a prescription. Think about which of them you would consider using and why.
- If you are not currently using any contraception or are not in a sexual relationship but might become sexually active, purchase a package of condoms (or pick up a few free samples from your campus health center) to keep on hand just in case.

Within the next 2 weeks, you can:

- Make an appointment for a checkup with your health care provider. Be sure to ask him or her any questions you have about contraception.
- Sit down with your partner and discuss contraception. Decide who will be responsible and which form will work best for you.

By the end of the semester, you can:

- Periodically reevaluate whether your new or continued contraception is still effective for you. Review your experiences, and take note of any consistent problems you may have encountered.
- Always keep a backup form of contraception on hand. Check this supply periodically and throw out and replace any supplies that have expired.

